



## WORLD SKATE ACADEMY: INLINE SPEED SKATING



UPDATE 26/01/2022

### ONLINE LESSONS - PROGRAM COACHES LEVEL 2

### AFTERNOON LESSONS (Lausanne Local Time)

WEEKDAY	DAY	MONTH	YEAR	ATTENDEES	LEVEL	DISCIPLINE	# HOURS FOR LESSON	START TIME (Lausanne Local Time)	END TIME (Lausanne Local Time)	SPEAKER	LANGUAGES
Sat.	26	Feb	2022	Coaches	Level 2	TBD	01:00	15:00	16:00	TBD	ENG - SPA
						Training models most used today in sports of time and brand. (Short Distance Skaters)	01:00	16:10	17:10	Eduardo Becali	ENG - SPA
						Coaches and fair play: practical implications of the regulation I	01:00	17:20	18:20	Ismael Ochoa	ENG - SPA
Sun.	27	Feb	2022	Coaches	Level 2	TBD	01:00	15:00	16:00	TBD	ENG - SPA
						Training models most used today in sports of time and brand. (Long Distance Skaters)	01:00	16:10	17:10	Eduardo Becali	ENG - SPA
						Coaches and fair play: practical implications of the regulation II	01:00	17:20	18:20	Ismael Ochoa	ENG - SPA
Sat.	5	Mar	2022	Coaches	Level 2	Technique 3: How to create compression for the best push	01:00	15:00	16:00	Pascal Briand	ENG - SPA
						TBD	01:00	16:10	17:10	TBD	ENG - SPA
						Introduction and overview of Indoor	01:00	17:20	18:20	Joseph Hanna - Lucas Gypsy	ENG - SPA
Sun.	6	Mar	2022	Coaches	Level 2	Technique 4: Introduction to double push technique	01:00	15:00	16:00	Pascal Briand	ENG - SPA
						The evolution of the athlete	01:00	16:10	17:10	Massimiliano Presti	ENG - SPA
						Teaching Indoor drills and rules	01:00	17:20	18:20	Tony Muse	ENG - SPA
Sat.	12	Mar	2022	Coaches	Level 2	Tactic 3: The elimination race	01:00	15:00	16:00	Pascal Briand	ENG - SPA
						Nutrition and Supplementation for Sprinters	01:00	16:10	17:10	Raffaella Spada	ENG - SPA
						Technical aspects of indoor racing	01:00	17:20	18:20	Tony Muse	ENG - SPA
Sun.	13	Mar	2022	Coaches	Level 2	Tactic 4: The 500d race	01:00	15:00	16:00	Pascal Briand	ENG - SPA
						Nutrition and Supplementation for Long-distance runners	01:00	16:10	17:10	Raffaella Spada	ENG - SPA
						Teaching Indoor Technique, drills and training	01:00	17:20	18:20	Joseph Hanna - Lucas Gypsy	ENG - SPA
Sat.	19	Mar	2022	Coaches	Level 2	Proprioceptive Strength Training I	01:00	15:00	16:00	Carlo Varalda	ENG - SPA
						Anti-doping for coaches III	01:00	16:10	17:10	Andre Gonzalez - Victor Carpio	ENG - SPA
						TBD	01:00	17:20	18:20	TBD	ENG - SPA
Sun.	20	Mar	2022	Coaches	Level 2	Proprioceptive Strength Training II	01:00	15:00	16:00	Carlo Varalda	ENG - SPA
						Anti-doping for coaches IV	01:00	16:10	17:10	Andre Gonzalez - Victor Carpio	ENG - SPA
						TBD	01:00	17:20	18:20	TBD	ENG - SPA
Sat.	26	Mar	2022	Coaches	Level 2	ASSESSMENT TEST - LEVEL 2			TBD		